

KitchenAid® **FOOD GRINDER**



FGA

**This attachment has been approved for use with
all KitchenAid® household stand mixers**



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put mixer in water or other liquid.
3. Close supervision is necessary when any appliance is used near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts. Keep fingers out of discharge opening.
6. Do not operate the mixer with a damaged cord or plug or after the mixer malfunctions, or is dropped or damaged in any manner. Return the mixer to the nearest Authorized Service Center for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by KitchenAid may cause fire, electric shock or injury.
8. Do not use the mixer outdoors.
9. Do not let the cord hang over the edge of table or counter.
10. Never feed food by hand. Always use food pusher.
11. Do not use fingers to scrape food away from discharge disc while appliance is operating. Cut type injury may result.
12. This product is designed for household use only.

SAVE THESE INSTRUCTIONS

Your safety and the safety of others is very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to hazards that can kill or hurt you and others.

All safety messages will be preceded by the safety alert symbol and the word "DANGER" or "WARNING." These words mean:

 **DANGER**

You will be killed or seriously injured if you don't follow instructions.

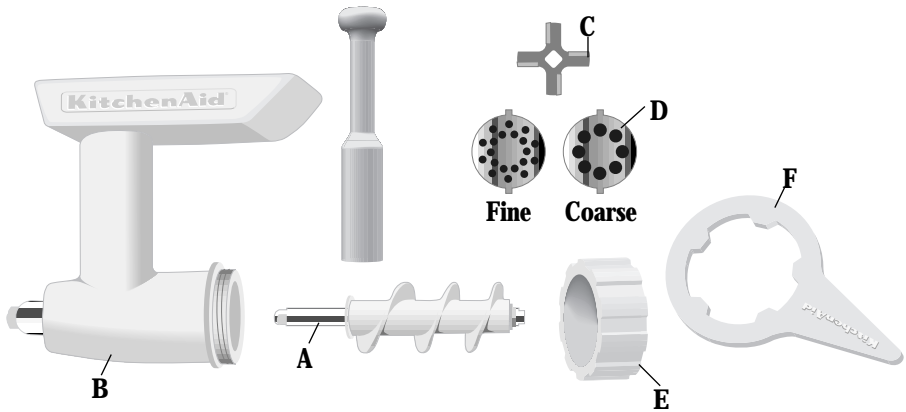
 **WARNING**

You can be killed or seriously injured if you don't follow instructions.

All safety messages will identify the hazard, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

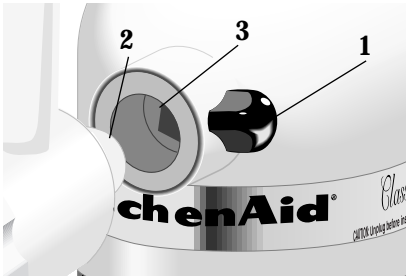


TO ASSEMBLE:



Insert the grind worm (A) into the grinder body (B). Place the knife (C) over the square shank at the exposed end of the grind worm. Place grinding plate (D) over the knife, matching the tabs of the plate with the notches of the grinder body. Place ring (E) on grinder body, turning by hand until secured but not over tightened. Note: Use wrench (F) for removal only, do not use to tighten ring.

TO ATTACH:



Before attaching accessory, turn off and unplug unit.

Loosen attachment knob (1) by turning it counterclockwise. Remove attachment hub cover. Insert attachment shaft housing (2) into attachment hub (3) making certain that attachment power shaft fits into square hub socket. Rotate attachment back and forth if necessary. When attachment is in proper position, the pin on the attachment will fit into the notch on the hub rim. Tighten attachment knob until attachment is completely secured to mixer.

TO USE:

| | |
|------------------|---|
| ! WARNING | |
| | Rotating Blade Hazard |
| | Always use food pusher. |
| | Keep fingers out of openings. |
| | Keep away from children. |
| | Failure to do so can result in cuts or other injury. |

Cut food into small strips or pieces and feed them into hopper. Meat should be cut into long narrow strips. Turn mixer to Speed 4 and feed food into hopper using food pusher. Never put your fingers in the hopper.

Note: Liquid may appear in hopper when processing large amounts of high moisture foods such as tomatoes or grapes. To drain liquid, continue to operate mixer. Do not process additional food until liquid has drained from hopper; damage to mixer may result.



GENERAL INFORMATION:

Coarse Plate — Use for grinding raw or cooked meats, firm vegetables, dried fruits and cheese.

Fine Plate — Use for grinding raw meat, cooked meats for spreads and bread for crumbs.

Grinding Meat — For better mix and more tender results, grind beef twice. Best texture results from grinding very cold or partially frozen meat. Fatty meats should be ground only once.

Grinding Bread — To grind bread for bread crumbs, be sure that bread is either oven dried thoroughly to remove all moisture, or not dried at all. Partially dried bread may jam the Food Grinder.

Note: Very hard, dense foods such as totally dried homemade bread should not be ground in the Food Grinder. Homemade bread should be ground fresh and then oven or air dried.

TO LOOSEN THE RING:

If ring is too tight to remove by hand, slip the wrench over the grooves. Turn wrench handle counterclockwise.

TO CLEAN:

Completely disassemble unit. Grinder body, grind worm, ring and wrench are dishwasher safe. The knife, grinding plates and wooden stomper should be washed in warm, sudsy water and dried thoroughly.



HOT CHILI DIP

- 5 jalapeño chili peppers
- 1 large green bell pepper, cut into sixths
- 5 large tomatoes, peeled and cut into sixths
- 1 small onion, cut into sixths
- 1 clove garlic
- 1 teaspoon salt
- ½ teaspoon dried oregano leaves
- Taco chips, if desired

Assemble Food Grinder, using coarse grinding plate. Attach Food Grinder to mixer. Turn to Speed 4 and grind chili peppers, bell pepper, tomatoes, onion, and garlic into mixer bowl placed under grinder. Remove grinder. Add salt and oregano. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Transfer mixture to storage container and refrigerate overnight before serving. Serve with taco chips, if desired.

Yield: 32 servings (2 tablespoons per serving).

Per serving: About 8 cal, 0 g pro, 2 g carb, 0 g fat, 0 mg chol, 69 mg sod.

SMOKY SALSA

- 4 large tomatoes, peeled and cut into sixths
- 1 or 2 chipotle peppers
- 1 medium onion, cut into sixths
- 1 clove garlic
- ½ cup vinegar
- 1 teaspoon salt

Assemble Food Grinder, using coarse grinding plate. Attach Food Grinder to mixer. Turn to Speed 4 and grind tomatoes, peppers, onion, and garlic into large bowl or saucepan placed under grinder. Add all remaining ingredients; mix well. For thicker salsa, heat mixture to boiling in saucepan. Reduce heat to low. Cook 5 to 10 minutes, or until desired consistency.

Yield: 20 servings (2 tablespoons per serving).

Per serving: About 8 cal, 0 g pro, 2 g carb, 0 g fat, 0 mg chol, 109 mg sod.

Tip: Chipotle peppers are dried, smoked jalapeño peppers. If they are not available, substitute fresh jalapeño peppers and 1 drop of liquid smoke.



SWEDISH MEATBALLS WITH CREAM SAUCE

- 1 pound boneless beef round steak, cut into 1-inch strips
- ½ pound boneless veal, cut into 1-inch strips
- 1 medium onion, cut into sixths
- 2 slices whole wheat bread, broken into pieces
- 1 teaspoon salt
- ½ teaspoon nutmeg
- ¼ teaspoon allspice
- ¼ teaspoon black pepper
- ¼ cup fat-free egg substitute or 1 egg
- ½ cup low-fat milk

Cream Sauce

- ¼ cup drippings from meatballs OR margarine or butter
- ¼ cup flour
- 2 cups whole milk
- 2 teaspoons instant beef bouillon granules
- ½ teaspoon black pepper

Assemble Food Grinder, using fine grinding plate. Attach Food Grinder to mixer. Turn to Speed 4 and grind beef, veal, onion, and bread into bowl placed under grinder. (Return mixture to grinder and grind once or twice more for extra fine meatballs.) Add all remaining ingredients; mix well.

Shape mixture into 1-inch meatballs and arrange in 15½x10½x1-inch baking pans. Bake at 450°F for 15 minutes, or until browned and no longer pink in center.

While meatballs are baking, prepare Cream Sauce. Heat drippings or melt margarine in large saucepan. Add flour and stir until bubbly. Gradually stir in all remaining ingredients. Cook over medium-low heat until mixture thickens and just begins to bubble. Pour over Swedish Meatballs.

Serve meatballs as an appetizer or combine with cooked noodles as a main dish.

Yield: 20 appetizer servings (4 meatballs per serving) OR 10 main dish servings (8 meatballs per serving).

Per appetizer serving: About 86 cal, 9 g pro, 5 g carb, 3 g fat, 28 mg chol, 247 mg sod.

Per main dish serving: About 173 cal, 19 g pro, 9 g carb, 6 g fat, 56 mg chol, 494 mg sod.



TARRAGON TURKEY SPREAD

- 2 cups cooked turkey or chicken, cut into strips or pieces*
- ¼ small onion*
- 1 rib celery, cut into pieces*
- ½ cup reduced-calorie mayonnaise*
- 2 tablespoons low-fat milk*
- 1 tablespoon Dijon mustard*
- ½ teaspoon dried tarragon leaves*
- ¼ teaspoon black pepper*

Assemble Food Grinder, using fine grinding plate. Attach Food Grinder to mixer. Turn to Speed 4 and grind turkey, onion, and celery into mixer bowl placed under grinder. Remove grinder. Add all remaining ingredients. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Spread on thin slices of toasted French bread, melba toast rounds, or toasted bagels.

Yield: 16 servings (2 tablespoons per serving).

Per serving: About 43 cal, 5 g pro, 1 g carb, 2 g fat, 15 mg chol, 62 mg sod.


TOTAL REPLACEMENT WARRANTY

We're so confident the quality of our products meets the exacting standards of KitchenAid that, if your attachment/accessory should fail within the first year of ownership, KitchenAid will arrange to deliver a replacement attachment/accessory to your door free of charge and arrange to have your "failed" attachment/accessory returned to us. Your replacement unit is covered by our one year full warranty. Please follow these instructions to receive this quality service.

If you reside in the United States and your KitchenAid attachment/accessory

should fail within the first year of ownership, simply call our toll-free Customer Satisfaction Center at **1-800-541-6390**. Give the consultant your complete shipping address. (No P.O. Box Numbers, please.) KitchenAid will arrange to deliver a replacement attachment/accessory and have your "failed" attachment/accessory returned to us. Put your "failed" attachment/accessory in the original shipping carton along with a sheet of paper with your name and address on it, and proof of purchase (register receipt, credit card charge slip, etc.)

WARRANTY

| Length of Warranty: | KitchenAid Will Pay For: | KitchenAid Will Not Pay For: |
|---|---|---|
| <p>One Year Full warranty from date of purchase.</p> | <p>Replacement parts and repair labor costs to correct defects in materials or workmanship. Service must be provided by an Authorized KitchenAid Service Center. OR Total Replacement Warranty.</p> <div style="text-align: center;">  </div> | <p>A. Repairs when attachment/accessory is used in other than normal home use. B. Damage resulting from accident, alteration, misuse or abuse. C. Any incidental shipping or handling costs to deliver your attachment/accessory to an Authorized KitchenAid Service Center. D. Replacement parts or repair labor costs for attachments/accessories operated outside the United States.</p> |
| <p>Missing a part? Call 1-800-541-6390 for immediate handling of your problem.</p> | | |

KITCHENAID DOES NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion or limitation may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

HOW TO ARRANGE FOR SERVICE

To arrange for service, call the KitchenAid Customer Satisfaction Center, toll-free at 1-800-541-6390.

KitchenAid®

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